

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45 AM	POWER YOGA Sarah S>MP6	BOOTCAMP Fernando>MP3/4 POWER YOGA Lisa>MP6	YOGA FLOW Sammy>MP6				
8:00 AM							
9:30 AM							
11:00 AM							
12:00 PM	YOGA FLOW Grace>MP6	ZUMBA Deanne>MP1/2	YOGA FLOW Sarah S>MP6	ZUMBA Deanne>MP1/2			
12:15 PM							POWER YOGA Sarah S>MP6
1:15 PM							
4:00 PM							
4:15 PM							
4:30 PM							
5:00 PM		YOGA FLOW Andy>MP6	CYCLE EXPRESS Anna B>Cycle Studio	PILATES Andy>MP6			
5:30 PM	CYCLE EXPRESS Anna B>Cycle Studio		POWER YOGA Grace>MP6 AQUA ZUMBA Nicole>Cooke 10 Pool				
6:00 PM				CYCLE EXPRESS Maria>Cycle Studio			
6:30 PM				YOGA FLOW Sammy>MP6			
7:00 PM		RESTORATIVE YOGA Sammy>MP6					RESTORATIVE YOGA Sammy>MP6

LOCATIONS

Cycle Studio:
MP1-MP4:
Beacon Room:
MP6:
Cooke 308:

Lower Level
2nd Floor
2nd Floor
4th Floor
3rd Floor

*Classes are held on first come, first serve basis
*Schedule is subject to change during University Holidays and Closures
*Consult a physician before starting any exercise
*Please note that Express classes are 45 minutes

Minneapolis
Recreation & Wellness Center
March 12-March 18; Spring Break 2018

